

# Keeping it real: understanding and changing health behavior in daily life

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## Propositions accompanying the dissertation

### KEEPING IT REAL:

Understanding and Changing Health Behavior in Daily Life

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March 18<sup>th</sup>, 2016

1. A dual theoretical foundation in both health and game theory is key in the systematic development of mHealth interventions (this thesis).
  2. Prompting is an effective behavior change technique, but should be tailored to the target population's daily life (this thesis).
  3. Mobile-based Ecological Momentary Assessment (mEMA) strategies have the potential to reveal the complexity of health-related behaviors (this thesis).
  4. To create the best of both worlds, trade-offs have to be made (this thesis).
  5. New games incorporating new ideas are vital for improving games for health and advancing our understanding of how games work and help players (T. Baranowski, 2014).
  6. It is crucial to identify which environmental factors truly impact on physical activity and dietary behaviors and to carefully disentangle how these factors exert their influence on behaviors (E. de Vet, D. de Ridder, & J. de Wit, 2011).
  7. Het zal noodzakelijk zijn om meer gebruik te maken van inzichten buiten ons directe kennisveld, om zo een integratie van kennis tot stand te brengen en daarmee meer zicht te krijgen op de gedragsproblematiek (L. Lechner).
  8. Normen zijn waardeloos op het gebied van obesitas preventie (S. Kremers).
  9. Anticiperen op de gebruikerservaring is ook bij de planning van internetinterventies een essentieel onderdeel (R. Crutzen).
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